

ABSTRACT

A resin composition includes an alicyclic structure-containing polymer; a hindered amine compound; and a releasing agent, wherein the releasing agent and the alicyclic structure-containing polymer satisfy the following relationship: $10 \geq |s1-s2| \geq 0.8 \text{ [(MPa)}^{0.5}\text{]}$, wherein s1 represents a solubility parameter of the releasing agent, and s2 represents a solubility parameter of the alicyclic structure-containing polymer. The resin composition can be used as optical materials, such as a lens, a diffraction grating, and a prism, especially in the field of using blue laser, and has excellent releasability, transparency and colorless property as well as excellent resistance to laser.